



## 5 A Day Month Recipes

### Breakaway Banana Split



#### Ingredients:

- 1 small banana, peeled
- 1 cup low fat vanilla yogurt
- $\frac{1}{4}$  cup low fat granola
- $\frac{1}{4}$  cup fresh blueberries or other fresh berries

#### Preparation:

1. Cut the banana in half lengthwise (from tip to tip).
2. Spoon yogurt into a cereal bowl.
3. Place the banana halves on the sides of the yogurt.
4. Top the yogurt with granola and blueberries. Serve.

**Preparation time:** 5 minutes

Makes 1 serving

*Nutrition Information Per Serving:* Calories 212, Carbohydrate 41 g, Protein 8 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 6 mg, Sodium 94 mg, Dietary Fiber 3 g

## Out of this Whirled Shake



### Ingredients:

- ½ banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- ½ cup low fat (1%) milk or soft tofu
- ½ cup frozen orange juice concentrate

### Preparation:

1. Place all ingredients in a blender container. Cover tightly.
2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
3. Pour into 2 glasses and serve.

**Preparation Time:** 5 minutes

Makes 2 (1 1/3-cup) servings

*Nutrition Information Per Serving:* Calories 206, Carbohydrate 47 g, Protein 5 g, Total Fat 1 g, Saturated Fat 0.5 g, Cholesterol 4 mg, Sodium 36 mg, Dietary Fiber 3 g

# Olympian Fruit Freeze



## Ingredients:

- 1 8-ounce container nonfat lemon yogurt
- 2 cups cubed, seedless watermelon
- 1 basket fresh strawberries, tops removed
- 1 medium banana, peeled and sliced
- 8 7-ounce paper cups
- 8 plastic spoons

## Preparation:

1. Place yogurt and fruit in a blender container. Cover tightly.
2. Blend until smooth. Pour into paper cups.
3. Freeze until thick and slushy, about 1 hour. Insert one spoon, handle up, into each cup of frozen fruit mixture. Return to freezer and freeze until solid, at least 2 hours.
4. To serve, remove from freezer and let sit for about 10 minutes. Peel paper cup off each treat and eat, holding the spoon as a handle.

**Preparation time:** 10 minutes, plus 3 hours freezing time

Makes 8 servings (1 Freeze per serving)

*Nutrition Information Per Serving:* Calories 60, Carbohydrate 13 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 1 mg, Sodium 20 mg, Dietary Fiber 1 g

# Oprah's Outtasight Salad



## Salad Ingredients:

- 2 cups salad greens of your choice
- 1 cup chopped vegetables of your choice (tomatoes, cucumbers, carrots, green beans)
- 1 cup fresh orange segments or canned\* pineapple chunks, drained
- $\frac{1}{4}$  cup Dynamite Dressing
- 2 tablespoons raisins or dried cranberries
- 2 tablespoons chopped nuts, any kind

\*canned fruit packed in 100% fruit juice.

## Preparation:

1. Put mixed salad greens on a large platter or in a salad bowl.
2. In a large bowl, mix chopped vegetables and orange segments. Add dressing and stir. Spoon mixture over salad greens.
3. Top with raisins and nuts. Serve.

## Dynamite Dressing Ingredients:

- $\frac{1}{4}$  cup fruit-flavored nonfat yogurt
- 1 tablespoon orange juice
- $1\frac{1}{2}$  teaspoons white vinegar

## Dressing Preparation:

1. In a small bowl, mix all ingredients. Refrigerate until ready to serve.

**Total Preparation Time:** 20 minutes

Makes 4 (1-cup) servings

*Nutrition Information Per Serving:* Calories 92, Carbohydrate 16 g, Protein 2 g, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 27 mg, Dietary Fiber 2 g

# Piazza's Powerhouse Pizza



## Ingredients:

- 4 whole wheat pita breads
- ¼ cup low-sodium spaghetti sauce or pizza sauce
- ¼ teaspoon dried oregano
- 1 cup chopped red or green bell pepper
- 1½ cups canned\* pineapple chunks, drained
- 1/3 cup chopped lean, low-sodium ham
- ¾ cup shredded reduced-fat cheddar cheese

\*canned fruit packed in 100% fruit juice

## Preparation:

1. Heat oven to 400°F.
2. Place pita breads on baking sheet. Spread each pita with 1 tablespoon spaghetti sauce. Sprinkle with oregano.
3. Top each pita with pepper, pineapple, ham, and cheese.
4. Bake until hot and cheese bubbles, about 5 minutes.
5. Remove pizzas from baking sheet. Place each pizza on a dinner plate and serve.

**Preparation time:** 15 minutes, including baking time

Makes 4 (1-pizza) servings

*Nutrition Information Per Serving:* Calories 318, Carbohydrate 52 g, Protein 17 g, Total Fat 6 g, Saturated Fat 2 g, Cholesterol 17 mg, Sodium 689 mg, Dietary Fiber 6 g

# Touchdown Tostadas



## Ingredients:

- 4 corn tortillas
- Nonstick cooking spray
- 1 cup fat free refried black beans or fat free refried beans
- $\frac{3}{4}$  cup shredded reduced-fat Monterey Jack cheese<sup>#</sup>
- 1 cup nonfat sour cream or low fat sour cream
- 1 cup shredded lettuce
- 1 cup shredded carrots
- 1 cup salsa

<sup>#</sup>does not meet 5 A Day sodium requirements

## Preparation:

1. Heat oven to 350°F.
2. Lightly spray both sides of each tortilla with nonstick cooking spray. Place tortillas on baking sheet. Bake 10 minutes or until crisp. Remove from oven.
3. Spread  $\frac{1}{4}$  cup beans on each tortilla. Top each tortilla with 3 tablespoons cheese.
4. Put back into oven. Bake until cheese melts, about 2 minutes. Remove tortillas from pan and place each one on a dinner plate.
5. Top each tortilla with  $\frac{1}{4}$  cup sour cream,  $\frac{1}{4}$  cup shredded lettuce,  $\frac{1}{4}$  cup shredded carrots, and  $\frac{1}{4}$  cup salsa. Serve.

**Preparation time:** 30 minutes, including baking time

Makes 4 (1-tostada) servings

*Nutrition Information Per Serving:* Calories 344, Carbohydrate 44 g, Protein 19 g, Total Fat 10 g, Saturated Fat 6 g, Cholesterol 40 mg, Sodium 936 mg, Dietary Fiber 5 g

# Banana Berry Pancakes



This recipe promises to be a weekend favorite. Substitute any seasonal, canned, or frozen fruits for different flavors.

## Pancake Ingredients:

- 1 large banana, peeled and sliced
- 1 cup complete pancake mix
- ½ cup water
- nonstick cooking spray

## Topping Ingredients:

- 1½ cups frozen strawberries
- 2 tablespoons strawberry jam

## Pancake Preparation:

1. Place banana in a medium bowl and mash with a fork.
2. Add pancake mix and water; stir until blended.
3. Spray a large skillet with nonstick cooking spray over MEDIUM heat.
4. Pour ¼ cup batter for each pancake into hot skillet.
5. Cook pancakes for about 2 minutes per side or until cooked through.

## Topping Preparation:

1. Place berries in a small bowl with jam.
2. Microwave on HIGH for 1 minute.
3. Stir, then cook for 1 minute more.
4. Spoon topping over pancakes.

**Total Preparation Time:** 10 minutes

**Total Cook Time:** 10 minutes

Makes 4 servings

2 pancakes per serving

*Nutrition Information Per Serving:* Calories 200, Carbohydrate 43 g, Protein 4 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 400 mg, Dietary Fiber 3 g

# Chicken Tortas



Serve these sandwiches with sliced jalapeno peppers for added heat!

## Chicken Torta Ingredients:

- 2 cups cooked, shredded chicken
- 1 teaspoon chili powder
- 2 cups prepared fresh salsa
- 2 cups shredded romaine lettuce
- 4 thin white onion slices
- ½ cup shredded low fat Monterey Jack cheese
- 4 Bolillo or French rolls, cut in half lengthwise
- 2 radishes, sliced

## Chicken Torta Preparation:

1. In a medium bowl, combine chicken, chili powder and 1 cup of fresh salsa.
2. In a second bowl, combine lettuce, onion, radishes, and cheese.
3. Place equal amounts of chicken and lettuce mixtures inside of each roll.
4. Spoon ¼ cup fresh salsa over lettuce and close sandwich.

**Chicken Torta Preparation Time:** 15 minutes

**Cook Time:** 5 minutes

Makes 4 servings

1 sandwich per serving

*Nutrition Information Per Serving:* Calories 312, Carbohydrate 28 g, Protein 29 g, Total Fat 9 g, Saturated Fat 3 g, Cholesterol 67 mg, Sodium 476 mg, Dietary Fiber 4 g



# Spud Stuffers



No ordinary potatoes here. Pick your favorite topping from the list below.

## Spud Ingredients:

- 4 medium baking potatoes
- 2 tablespoons margarine
- 2 tablespoons fat free sour cream
- Your choice of Mexican, Western or Veggie topping

## Spud Preparation:

1. Wash potatoes and pierce three times with a fork.
2. Microwave on HIGH for about 6 minutes.
3. Turn potatoes over and cook on HIGH for about 10 minutes more.
4. Or, bake in the oven at 400°F for 45 to 60 minutes.
5. When cooked, carefully cut open the top.
6. Place ½ tablespoon margarine and ½ tablespoon sour cream on top of each potato.
7. Top each potato with one of the toppings below. The ingredient amounts listed are for one potato.

## Mexican Topping:

- ¼ cup prepared fresh salsa
- 1 tablespoon diced green chilies
- 1½ tablespoons shredded low fat Cheddar or Monterey Jack cheese

*Nutrition Information Per Serving:* Calories 190, Carbohydrate 41 g, Protein 6 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 140 mg, Dietary Fiber 4 g

## Western Topping:

- 2 tablespoons chopped tomatoes
- 2 tablespoons finely chopped green bell pepper
- 1 tablespoon sliced green onion

- 2 tablespoons shredded low fat Cheddar cheese
- 1 tablespoon bacon bits

*Nutrition Information Per Serving:* Calories 190, Carbohydrate 39 g, Protein 6 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 140 mg, Dietary Fiber 4 g

### **Veggie Topping:**

- 3 tablespoons chopped broccoli
- 2 tablespoons chopped yellow squash
- 2 tablespoons shredded low fat Cheddar cheese
- 1 tablespoon sliced green onion

*Nutrition Information Per Serving:* Calories 180, carbohydrate 38 g, Protein 5 g, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 85 mg, Dietary Fiber 4 g

**Preparation Time:** 15 minutes

**Cook Time:** 16-60 minutes

Makes 4 servings

1 spud stuffer per serving

# Sesame Chicken with Peppers and Snow Peas



Ginger and sesame add an Asian flair to this dish

## Ingredients:

- 1    tablespoon sesame seeds
- nonstick cooking spray
- 1    pound boneless, skinless chicken breasts, cut into strips
- 2    cups snow peas, trimmed
- 1    each medium red and green bell pepper, cubed
- 3    tablespoons low-sodium soy sauce
- 2    tablespoons water
- 1½  teaspoons brown sugar
- ¼    teaspoon ground ginger
- 2    green onions, sliced

## Preparation:

1. Place sesame seeds in a large nonstick skillet; cook for 2 minutes over MEDIUM-HIGH heat until lightly browned.
2. Remove from skillet and set aside.
3. Spray same skillet with nonstick cooking spray.
4. Add chicken; cook for 10 minutes or until chicken is cooked through.
5. Add snow peas and bell peppers; stir-fry for 3 to 4 minutes until vegetables are crisp tender.
6. In a small bowl, combine soy sauce, water, brown sugar, and ginger; add to skillet.
7. Cook for 5 minutes over MEDIUM-HIGH heat.
8. Sprinkle with green onions and serve.

**Preparation Time:** 10 minutes

**Cook Time:** 20 minutes

Makes 4 servings      1¼ cups per serving

*Nutrition Information Per Serving:* Calories 180, Carbohydrate 10 g, Protein 29 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 65 mg, Sodium 480 mg, Dietary Fiber 2 g

# Pico de Gallo



Fresh tasting, with just a bit of heat. Use to season your family meals or serve with tortilla chips.

## Ingredients:

- 1 pound ripe tomatoes, chopped
- 1½ cups chopped onion
- 1/3 cup chopped fresh cilantro
- 3 jalapeño peppers, seeds removed and chopped
- 2 tablespoons lime juice
- 2 cloves garlic, minced
- ¼ teaspoon salt

## Preparation:

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

**Preparation Time:** 20 minutes

Makes 6 servings

½ cup per serving

*Nutrition Information Per Serving:* Calories 36, Carbohydrate 8 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0g, Cholesterol 0 mg, Sodium 108 mg, Dietary Fiber 2 g

# Veggie Bean Wrap



Fresh mangos and avocado give this meal a tasty twist.

## Ingredients:

- 2 green or red bell peppers, seeded and chopped
- 1 onion, peeled and sliced
- 1 (15-ounce) can 50% less salt/sodium black beans, drained and rinsed
- 2 mangos, chopped
- juice of 1 lime
- ½ cup chopped fresh cilantro
- 1 avocado, peeled and diced
- 4 10-inch fat free flour tortillas

## Preparation:

1. In a nonstick pan, sauté bell peppers and onion for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes.
2. In a small bowl, combine mangos, lime juice, cilantro, and avocado. Reserve ½ mixture for topping.
3. Fill warmed tortillas with ¼ bean mixture and ¼ mango mixture.
4. Fold ends of the tortillas over. Roll up to make wraps. Top veggie bean wraps with remaining mango mixture.

**Preparation Time:** 15 minutes

**Cook Time:** 10 minutes

Makes 4 servings

1 wrap per serving

*Nutrition Information Per Serving:* Calories 531, Carbohydrate 92 g, Protein 17 g, Total Fat 12 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 329 mg, Dietary Fiber 15 g